



TURKEY, HAM, SMOKED, WATER-ADDED, FROZEN

Date: April 2009

Code: A581

PRODUCT DESCRIPTION

- Smoked turkey ham is made from turkey thigh meat and is 95% fat-free. It is fully cooked, frozen, and individually vacuum packaged.

PACK/YIELD

- Turkey ham is packed frozen in a 2-pound package, which is about 10 servings (about 3 ounces each) of cooked turkey.

STORAGE

- Keep frozen at 0 degrees F until ready to use.
- After heating, store leftover turkey ham in a covered container not made from metal in the refrigerator. Use within 2 days.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- To thaw turkey ham in the refrigerator, place wrapped turkey ham in the refrigerator on a platter or in a bowl to catch any drips or juices. Thaw overnight or for at least 10 to 12 hours.
- For safety reasons, DO NOT thaw turkey ham at room temperature.
- To heat: Remove wrapping. Place turkey ham, thawed or frozen, in a pan and cover. If frozen, cook in an oven for 3 ¼ to 4 hours at 325 degrees F. If thawed, cook in an oven for 1 to 1 ½ hours at 325 degrees F.

USES AND TIPS

- Because turkey ham is fully cooked, it safe to eat without anymore cooking.
- Use sliced turkey ham in sandwiches, or slice or chop and sprinkle on top of salads.
- Use sliced or chopped turkey ham in omelets, casseroles, or on top of pizzas.
- Add chopped turkey ham to vegetable soups to make a complete meal.

NUTRITION INFORMATION

- 3 ounces of turkey ham counts as 3 ounces in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces. A serving is about 3 ounces.

FOOD SAFETY INFORMATION

- Keep frozen until ready to use; follow proper directions listed under Preparation/Cooking.
- DO NOT thaw turkey ham on countertops or at room temperature.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 3 ounces (85g) smoked turkey ham

Amount Per Serving

Calories	100	Calories from Fat	30
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% Daily Value*

Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 770mg	32%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 14g	

Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	4%

*Percent Daily Values are based on a 2,000 calorie diet.

POTATO SKILLET WITH TURKEY HAM**MAKES 4 SERVINGS****Ingredients**

- $\frac{3}{4}$ cup (about 6 ounces) turkey ham, cut into pieces
- Nonstick cooking spray
- $\frac{1}{2}$ green pepper, chopped
- 2 potatoes, peeled and diced
- 1 cup canned corn, drained
- $\frac{1}{2}$ cup canned tomatoes, drained and chopped
- $\frac{1}{2}$ teaspoon dried oregano (if you like)
- $\frac{1}{2}$ teaspoon black pepper
- $\frac{1}{3}$ cup Cheddar or American cheese, shredded

Directions

1. Coat a large skillet with nonstick cooking spray; cook the peppers until soft.
2. Add potatoes to the skillet and cook for 5 minutes.
3. Add the corn, tomatoes, turkey ham, and pepper and cook over medium heat until the potatoes are soft. If using oregano, add that too.
4. Sprinkle with cheese and stir until melted.

Nutrition Information for 1 serving (about 1 cup) of Potato Skillet with Turkey Ham					
Calories	220	Cholesterol	35 mg	Sugar	4 g
Calories from Fat	50	Sodium	590 mg	Protein	13 g
Total Fat	5 g	Total Carbohydrate	31 g	Vitamin A	34 RAE
Saturated Fat	2.5 g	Dietary Fiber	3 g	Vitamin C	23 mg
				Calcium	96 mg
				Iron	2 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfcentral.org.

VEGETABLE RICE WITH TURKEY HAM**MAKES ABOUT 6 SERVINGS****Ingredients**

- $\frac{3}{4}$ cup turkey ham, cut into pieces
- 1 tablespoon vegetable oil
- 1 onion, chopped
- 2 celery stalks, chopped
- 1 cup rice, uncooked
- 2 cups water
- 1 teaspoon black pepper
- 4 cups canned mixed vegetables, drained

Directions

1. In a large skillet over medium heat, cook onion, celery, and rice until browned, about 5 minutes. Stir often.
2. Add turkey ham, water, and pepper.
3. Bring to a boil and cover with a lid. Reduce heat to low and cook for 15 minutes.
4. Add mixed vegetables and cook for 2-3 minutes or until hot.

Nutrition Information for 1 serving (about 1 cup) of Vegetable Rice with Turkey Ham					
Calories	230	Cholesterol	20 mg	Sugar	4 g
Calories from Fat	40	Sodium	420 mg	Protein	10 g
Total Fat	4 g	Total Carbohydrate	39 g	Vitamin A	637 RAE
Saturated Fat	0.5 g	Dietary Fiber	4 g	Vitamin C	7 mg
				Calcium	58 mg
				Iron	3 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook, csfcentral.org.